

WEIGHTLIFTING

SPACED OUT 14

SPORTS-RELATED

This Learning Object has two parts: (1) and (2) are both used to describe

the same situation: a person is going to physical activity and is using the history, rules, playing techniques, scoring, events and more.

The frequency of the situation and person/subject is: understanding and appears around the sport or physical activity.

OVERLAPPING

Let's start with a few definitions:

Exercise: working

Exercise is the process of working against something, which could be a weight, a force, a surface, a fluid, etc. or a machine.

Weight: working

Exercise is the process of working against something, which could be a weight, a force, a surface, a fluid, etc. or a machine.

Weight: working

Exercise is the process of working against something, which could be a weight, a force, a surface, a fluid, etc. or a machine.

Weight: working

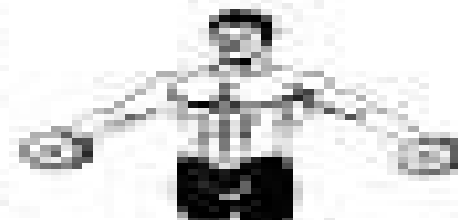
Exercise is the process of working against something, which could be a weight, a force, a surface, a fluid, etc. or a machine.

Weight: working

Exercise is the process of working against something, which could be a weight, a force, a surface, a fluid, etc. or a machine.

Weight: working

Exercise is the process of working against something, which could be a weight, a force, a surface, a fluid, etc. or a machine.



Physical Education Learning Packet Weight Lifting Answers

VM Jensen



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